GRAPEVINE

VISITACION·VALLEY

Vol. II, No. 8 | SERVING OUR COMMUNITY | August 1987

S.A.F.E. DIRECTOR GWEN DILWORTH-BATTLE CONDUC E
LEADERSHIP TRAINING FOR GENEVA TOWERS RESIDENTS

Geneva Towers Residents Take Leadership Training

The S.A.F.E. leadership training session for Geneva Towers residents, postponed from July 11, took place on Saturday, July 25th at the Community Center.

Floor monitors, under the guidance of S.A.F.E. facilitators listed the qualities they desired in an ideal community; decided what changes needed to take place to realize those improvements, suggested ways that individuals can help, and determined the next steps they would take to lead the way for those changes at Geneva Towers

Officer Terrye Ivy, SFPD, demonstrated techniques of self-protection and using members of the group illustrated how important it is for people to remain alert during a crisis watch for details of attacker's appearance and manner which would help the police identify that criminal for arrest.

Qwen Dilworth-Battle, Director of SAFE, told the group, "Our work begins now. We need to feel empowered. This is the beginning. We will have more of these workshops and encourage more people from Geneva Towers to come. We will teach you as leaders to inspire confidence, provide feedback on the volunteers' achievements and help them improve their performance. We will teach you how to orient and train your volunteers and share responsibility. You will learn how to encourage decision-making, nuture on-going communication, and mediate disagreements.. But, you must set the example."

Continued on Page 4

NEW STOP SIGN PROTECTS PEDESTRIANS AT LELAND AND ALPHA STREETS. NEW SIGNS HAVE BEEN INSTALLED ON DESMOND AT LELAND AND AT RAYMOND AND ALPHA STS

San Francisco Foundation to Renew Grant

GRAPEVINE Celebrates a Successful First Year

by Pat Christensen

The Visitacion Valley GRAPEVINE is one year old! The staff thanks you, our readers and advertisers, for your support during this time of formation and growth. We hope we have satisfied some of your needs and that you will continually look to the GRAPEVINE as your community newspaper -- a means to communicate your ideas, opinions, appreciation and gripes to your neighbors, businesspeople and government. The GRAPEVINE exists to help our neighborhood be the best it can be.

As a true measure of the GRAPEVINE'S value, the San Francisco Foundation has promised second year funding to support the continued growth and development of your community newspaper.

It was a little more than a year ago that the Koshland Committee of the San Francisco Foundation provided the seed money administered through the Community Center to begin a Visitacion Valley community newspaper. The name and logo for the paper were realized through a community -- wide contest, and the first edition was published August 1st, 1986.

As the saying goes, "You've come a long way, Baby," from a typewritten, four page, 5,000 circulation tabloid to a twelve page, typset, 6,000 circulation paper with 1400 copies delivered door -- to -- door and the remaining circulated through newsracks, store counters and community organizations.

Public support for the GRAPEVINE has grown steadily. It is the goal of the GRAPEVINE to present issues and concerns which affect the daily lives of the people who live and work in Visitacion Valley and adjacent neighborhoods, and to present the positive achieve-

Continued on Page 4

Visitacion Valley Park Sports Three Activities Directors

Michael Cheatham, Karen Murray and Patrick McGurk have recently been assigned to Visitacion Valley Park, adjacent to Visitacion Valley Elementary School on Cora, Leland and Visitacion Streets.

"Here's a safe place to send your kids. They have adult supervision and we provide a good, safe place to play," says Karen Murray, "We have a 'slow pitch' baseball team for boys 11 and under; a 'fast pitch' hard ball team for those 12 and under; a girls' softball team for 13 years and under, and a boys' basketball team for 18 years and under," reports Coach Michael Cheatham. Recreation & Parts Department has given us uniforms for the kids, and we have scheduled games with other parks. The kids really want to feel a part of something, and that is what we can give them here."

Arts & crafts programs, exercise for adults, conflict management counseling, field trips, baseball, kickball, dodgeball are all part of the ambitious program at Vis Valley Park.

"We want to help the kids get involved in the community," says Patrick McGurk. "We have lots of ideas."

The summer program at Vis Valley Park runs Monday through Saturday, 10:00a.m. to 5:00p.m. During the school year, the program will be open Monday through Saturday from 3:00p.m. to 8:00p.m. All kids are welcome.

Celebrating Our First Anniversary of Service to Visitacion Valley

51 1/2 Years With Southern Pacific Is Time to Retire

Joseph C. Doran, who has lived in Visitacion Valley for 40 years recently retired from Southern Pacific after of 51 1/2 years of service.

Doran lives with his wife of 44 years, Betty. The Doran's two children, daughter, Sandra, who lives in nearby Brisbane, and son, Mike, who resides in Muskeegan, Michigan, both attended local schools and may be remembered by many Visitacion Valley reesidents.

In their retirement the Doran's will enjoy their four grandchildren and spend time traveling and in their garden.

CENTERVOICE

Kids, Drug Dealers and Ollie North

By Julia A. Kavanagh

We want to prepare our children well to survive and be healthy and happy in this world. I've said before that the influences surrounding our kids are greater than any before in history because of the information age, and that children cannot be sheltered from these influences, so must be prepared to deal with them. We want to help in this.

What are we facing? Oliver North and his boss lied to the President, Congress and us, and then told us with a straight face that there was nothing wrong with that. Drug dealers show our kids that drugs will buy them nice clothes and cars. The newspapers and TV make Ollie and the dealers look glamorous and fun.

The Military, our Schools and our Lawmakers have all taught us indirectly that the way to get us to do something is to say we can't do it. The same "Sergeant Bilko" mentality that the Military fosters in the would be wheeler dealer is what taught Ollie that he could "save the Country" on his own. The lawmakers, in trying to protect society from itself by outlawing drugs and legislating which countries are friends and which are foes, created a force against which many people just had to push. Teachers who take away options (teach NO) instead of creating options (teach YES) are doing the same disservice to society as these thoughtless "protectors of society."

This then, is our competition for the souls of our kids. How can we counteract these influences that are with them for more hours in a day that we are? How can we teach kids to CHOOSE what's right for them, by themselves? Only by giving them ourselves, and by being right in our own lives and choices.

We cannot depend on the support of our government in this, nor on most major sources of funds, yet being there for the kids takes money, or time! A mother told me today that although she is not working any longer hours, she finds that she does not have as much time as she used to. Our discussion disclosed that changes in her priorities were more to blame than lack of time. We concluded that choices such as going out with one's children could provide more real time with the kids than staying at home with them where there are chores around the house and television to distract from togetherness. As I said last month, most folks feel that they do not have the time to volunteer, but it is always the busiest ones that actually do come out and help.

Remember, the pusher has plenty of time, and is interested in your child! A couple of your hours per week could balance that out if you are part of an organized effort. Don't wait for kind old Uncle Sam to come through with the bucks to hire someone to take care of our kids, it'll be a day too late and a dollar to short. You are it!

Editorial REORGANIZATION OF YOUTH GUIDANCE CENTER

The Juvenile Court and Juvenile Probation Department is considering major changes in the handling of youthful offenders in the City and County of San Francisco.

As a result, a series of public meetings have been held, cosponsored by the JUVENILE JUSTICE COMMISSION, the CITIZENS ADVISORY COMMITTEE, and COMMUNITY CONSORTIUMS, to acquaint the public with the proposals.

Some recommendations: The number of youths in locked detention should be reduced; The Juvenile Probation Department should establish youth services centers within high risk neighborhoods to provide more immediate complete care of youths and keep them out of locked detention; Probation Officers should be relocated into the neighborhoods to increase their contact with the youths they serve and to develop a close relationship with the community; The City should contract with an independent program developer to improve the availability of services and quality of care; the school serving the youths in locked detention should become a comprehensive assessment, diagnostic and evaluation center; Major health and safety improvements should be made at the existing facility, and an appropriate facility design should accommodate the proposed programmatic changes.

Key Issues, What type of services are needed for youth being detained, and those who return to the community? Who has authority and control over youth service centers? How would community, public, private services be coordinated? Should Probation Officers assigned to neighborhoods be reclassified as Community Counselors? How would an Independent program developer integrate community, public and private services to focus on individual family needs? Where would a comprehensive assessment, diagnostic and evaluation center be more appropriately located? Can the present Youth Guidance Center be modified to accommodate the new improved program or should a new facility be built? How long would it take to bring the present facility up to required health and safety standards and is it cost effective? How will the new system be paid for? How will the funds be distributed to components of the system?

Do you have an opinion? If so, write or call:

Speaking of Health

COCAINE USE AND PREGNANCY: Incompatible With Life

By Jacqueline W. Wasserman, RN,FNP

You are pregnant. It is a special time for you and your family. Everyone looks forward to the coming event: a new baby and member of the family. it is also a time when you are aware that everything you put into your body effects the growing baby. The joke "you are eating for two" is often made. What happens when, because of different circumstances -- peer pressure, addiction, boredom, -- you do some cocaine? How does that effect the growing baby and you?

Cocaine is used regularly by 5 million Americans and each day 5000 use it for the first time. The belief that cocaine is nonaddicting and not harmful has led to its widespread use. It has become apparent now that cocaine is harmful. Recent stories of popular young athletes dying from its use fill the newspapers.

The effect that cocaine has on the body produces constriction of blood vessels, a rise in the pulse, and a rise in blood sugar. The overall result translates into high blood pressure, irregular heart rate, heart attack, seizures, and possibly cardiac arrest. The result during pregnancy is that circulation is decreased to the placenta. Often the placenta, which nourishes the fetus with life giving nutrients and oxygen, leaves the site of implantation on the uterine wall, leading to death of the fetus. Studies have shown that early labor with premature delivery or spontaneous abortion, as well as birth defects and delays in development result from cocaine use. Even using the drug only once can harm the life of your future baby and you. Think twice before you do!

GRAPEVINE
VISITACION·VALLEY

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LETTERS TO THE EDITOR

Golf Driving Range at McLaren

Dear Editor;

I, and a number of my neighbors are opposed to a golf driving range for McLaren Park.

My reasons for opposing this proposed development:

1).It will be built and operated for a profit by a private concessionaire.2).The property in question is adjacent to one of the most heavily used recreational areas in southeastern San Francisco. Why is it necessary to block and entranceway to McLaren Park?

I think many neighbors support a thoughtful, purposeful development plan for McLaren Park. such a plan certainly does not include a profit making development which creates traffic and parking hassles and diminishes open space and lessens access to our increasingly popular McLaren Park.

Jim Wachob

Dear Editor;

We need street lights on the west end of Visitacion Avenue, between Hahn and Mansell Streets. The nonexistence of street lights in this six blocks area has made it difficult and dangerous for the residents and public school.

Rev. Willie L. Wright, VVSAC Coordinator

(Editor's note: If you agree with Rev. Wright, send a letter to Mr. Dee Lemmon, Street Lighting Engineer, Bureau of Light, Heat and Power, 1155 Market Street (4th Floor), San Francisco, California 94103.

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Center Elects Board Officers

The Community Center Board of Directors recently elected officers for the 1987/88 year. They Are: John Cahalan, President, Leonora Jordan, Vice President, Meg Goudie, Secretary and Kenneth Umbarger, Treasurer. Renie Champagne was recently elected to the Board.

THREE OF THE RECENTLY ELECTED COMMUNITY CENTER OFFICERS FOR THE 1987/88 YEAR VOTED BY THE BOARD OF DIRECTORS.

(L-R) KENNETH UMBARGER, MEG GOUDIE, AND JOHN CAHALAN.

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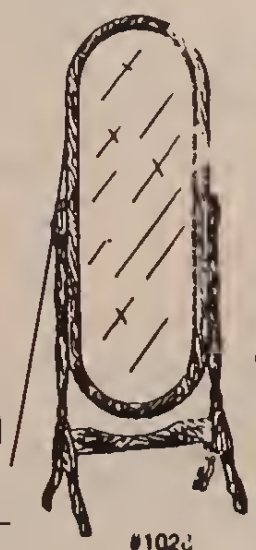
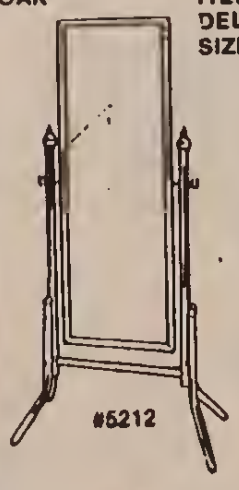


#1026

ITEM: #1026
OAK FLOOR MIRROR
SIZE: 60"H



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S.A.F.E. WORKER PROVIDING CHILD CARE.

Geneva Towers

Continued from Page 1

Joseph Williams, overall manager of Geneva Towers representing the Eugene Burger Management Company, spoke, "Management is here to help. We have tried to start a Tenants Association. We want you to get involved. I will meet with you anytime -- anywhere." Williams continued, "If you have any complaints, let us know what you want us to do. I wear a beeper. You can reach me within a 100 mile radius. Mr. Peer and Mr. Staton will be available to the tenants at all times. If you have any problems, I want to hear them."

The group decided to meet again on Saturday, August 22 from 10:00a.m. to 1:00p.m./Childcare provided.

Mario Paz of S.A.F.E. is assigned to Geneva Towers as liaison. For information or to sign up for the training sessions, call Mario at 553-1960.

Use
GRAPEVINE
WANT ADS

THE OVER 55 CLUB OF OUR LADY OF THE VISITACION

The Over 55 Club of Our Lady of Visitacion Church was started June 6, 1979. The first president was Mino Carrara, and they had 100 members. The club, which meets every Wednesday at 12:30 in the Parish Hall, now numbers 169. Coffee, tea and cake, are served followed by bingo. The club takes trips to Reno and other places of interest. Luncheons are served on Holidays for members, and there is an annual luncheon for members and guests.

The officers for the new term of 2 years are: President, Esther Krause, 1st Vice President, Gene Sanchez, 2nd Vice President, Jane Champion, Secretary, Phyllis Henwood, Treasurer, Elizabeth Gloardo, Financial Sectretary, Florence Falcone, Executive Committee members are Eleanor Querlolo, Bill Schwab, Frank Buhagler, and Sentinel is John Guargiia.

Expansion in the Future of Senior Escort Program

Senior Escort Program is moving from St. James Presbyterian Church to Ridgeview Methodist Church at 500 Leland Avenue about the first of August according to John King, Executive Director. "We need more space and we have been wanting a nutrition program for a long time," says King. "The new site will allow us to expand our programs for senior citizens, begin a lunch service and enlarge our supplemental food distribution."

The site will be made wheelchair accessible and the Program already owns two accessible vans for transportation. A community garden is planned on the land adjacent to the church.

GRAPEVINE

Continued from Page 1

ments of our citizens and government as well.

The GRAPEVINE welcomes your comments -- positive or negative. We want to hear from all of you. We want to know your concerns, your accomplishments, your interests. If you have ideas about new features, news stories, social events, please send the information to Visitacion Valley GRAPEVINE, 50 Raymond Avenue, San Francisco, 94134. If you want to help produce the paper, give us a call at 467-6400 and leave your name and phone number.

REMODELED
MILA'S
VIDEO

NATIVE SON

The year was 1940. Bigger Thomas was the Dalton family's respected chauffeur—until the fateful night he tried to help the drunken Mary Dalton to her room. Mrs. Dalton heard them and cried out for Mary. Bigger, fearing discovery, placed a pillow over Mary's face...silencing her forever.
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Reading Program for Valley Youth

"Dinosaur Daze" is a Delightful Summer

Shirley Brown, Visitacion Valley's librarian, is encouraging young readers with a whimsical summer reading game called, "Dinosaur Daze" which stimulates The readers' imagination as well as a sense of competition.

The goal is to read enough books to qualify for a series of prizes: Using a bingo game format with each square depicting some fanciful dinosaur, children block out squares with each book read. If a child reads four books, that child receives a Quackadactyl button. Then there are special prizes and awards including tickets to The Lazerium for the black-out. Children choose the books they wish to read.

Strange and wonderful dinosaur types have been created by the San Francisco Public Library to stimulate kids' interest. There is the friendly "Donkadon" who is 80 feet long and taller than a four story building who inhabits plains and rugged hills, eats sugar beets, Wheaties and apple trees, and likes to hike and backpack. Another is the "Ratosaurus Rex" who weighs as much as a garbage truck, eats cheese burgers with fries and chocolate shakes, and likes to read stories about Mighty Mouse. Then there is the constantly munching "Swinoclonius" who likes to picnic at the Farmer's Market, but prefers lasagna and Pig Macs and enjoys mud wrestling.

Kids of all ages are invited to come to our Public Library on Leland Avenue at Desmond to get acquainted with these amusing creatures, and a wonderful selection of reading materials.

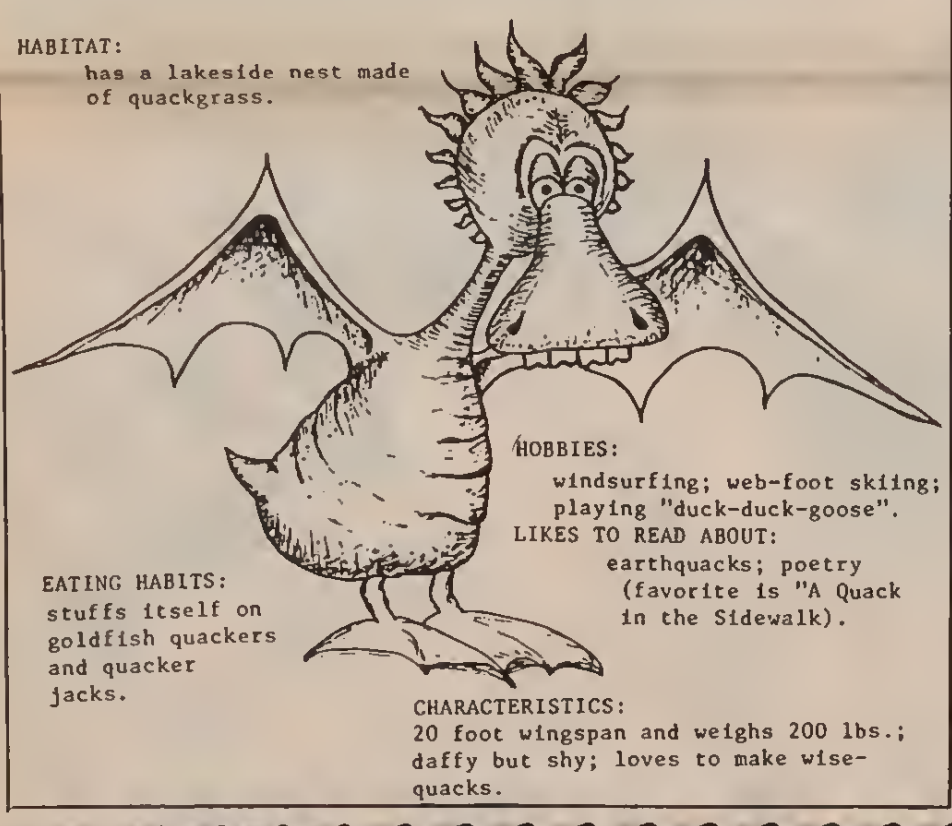
Your Public Library also has a wide selection of books and periodicals, some in other language, and Shirley Brown, or her two assistants, will be happy to order books of your choice from the Main Branch.

The library frequently offers special programs, such as video shows, cartoons, storytellers and puppeteers. Watch the front window for announcements of coming events.

Library open Monday, Tuesday, Wednesday, and Friday 1:00p.m. to 6:00p.m. Closed Thursday, Saturday, and Sunday.

SHIRLEY BROWN, LIBRARIAN, AND SAM LEE, ASSISTANT LIBRARIAN, CHECK OUT BOOKS TO MELODY ANN MUERE, 9, STUDENT AT OUR LADY OF VISITACION SCHOOL

QUACKADACTYL
(kwak-uh-DAK-till)



SAN FRANCISCO HEAD START HOME BASED FOR FAMILIES!

The Home Based option of San Francisco Head Start is for low income families with three (3) and four (4) year olds and special needs children of this age. It's for you because the home and parents have the greatest effect on a child's growth and development. Home Based can show you how to make the most of your own skills and daily routine to help your children be all they can be.

You will also have an opportunity to share this with other families, get together for children's play groups, go on outings to new places, learn about community resources, and have fun doing it all.

Bilingual (Including Cantonese, Laotian, Cambodian, Vietnamese, Samoan, Spanish) and English speaking Family Advocates serve families in Central City (Tenderloin), Hunter's Point, Bay View, Visitacion Valley and Mission Districts. Weekly home visits focus on the needs and goals you have for yourself, your child and your family.

Join us!!! Call Home Based at (415) 885-4859

TODDLERS LEARNING CENTER OPENS ON DESMOND STREET

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The Center is open from 7:00 a.m. until 6:00 p.m. Monday through Friday, and closed Saturdays, Sundays and all Holidays.

Parents must call the Center by 1:45 a.m. if child(ren) are to be absent or late that day.

The goal of TLC is to provide the children with a healthy environment in which love, learning, recreation and a spirit of cooperation can augment a parents training.

Learning activities will include the three "R's" through means of flash cards and coloring books. Songs and nursery rhymes will be taught by means of tapes and books. Television will include Captain Kangaroo, Mr. Rogers Neighborhood and Sesame Street and will be limited to a maximum of 1 hour per day.

Parents enrolling their child(ren) must read and sign an agreement before enrollment. Copies of the agreement will go the parent, child(rens) file, Department of Social Services, Emeryville, Ca, and Children's Council of San Francisco.

Questions pertaining to the agreement will be discussed at time of interview.

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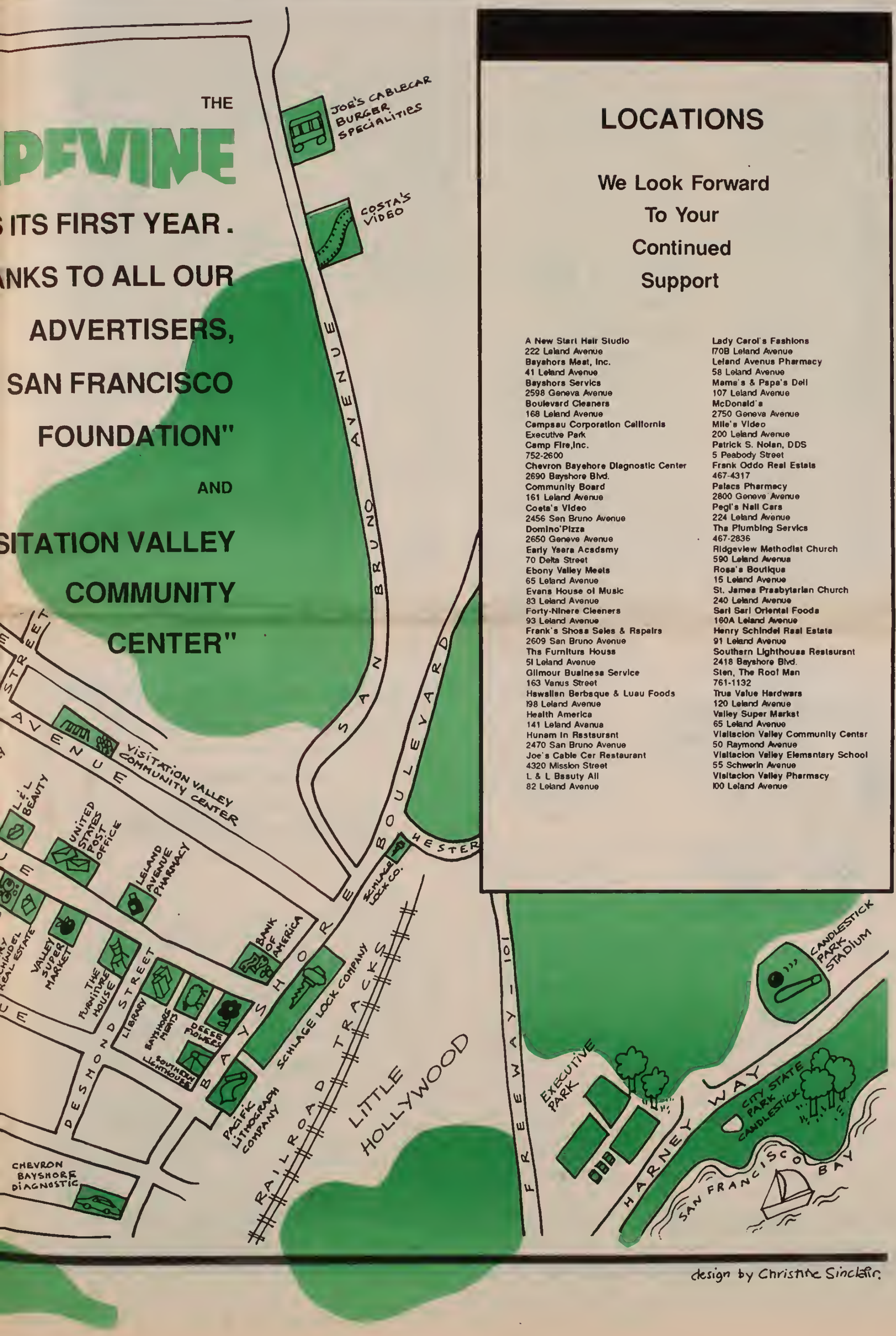

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70 Delta Street
Ebony Valley Meats
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Evans House of Music
83 Leland Avenue
Forty-Niners Cleaners
93 Leland Avenue
Frank's Shoes Sales & Rspairs
2609 San Bruno Avenue
The Furniture House
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Gilmour Business Service
163 Venus Street
Hawaiian Barbaque & Luau Foods
198 Leland Avenue
Health America
141 Leland Avenue
Hunam In Restaurant
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107 Leland Avenue
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2750 Geneva Avenue
Mile's Video
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5 Peabody Street
Frank Oddo Real Estate
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Palace Pharmacy
2800 Geneve Avenue
Pegi's Nail Cars
224 Leland Avenue
The Plumbing Service
467-2836
Ridgeview Methodist Church
590 Leland Avenue
Rosa's Boutique
15 Leland Avenue
St. James Presbyterian Church
240 Leland Avenue
Sari Sari Oriental Foods
160A Leland Avenue
Henry Schindel Real Estate
91 Leland Avenue
Southern Lighthouse Restaurant
2418 Bayshore Blvd.
Sten, The Roof Man
761-1132
True Value Hardware
120 Leland Avenue
Valley Super Market
65 Leland Avenue
Visitacion Valley Community Center
50 Raymond Avenue
Visitacion Valley Elemantary School
55 Schwerin Avenue
Visitacion Valley Pharmacy
100 Leland Avenue

design by Christine Sinclair

Clubhouse Activities Excite Valley's Youth

"The Geneva Towers Community Clubhouse is open to every kid in the Valley," says Vernon Long, the Program's Director. "Any kid is welcome from age 7 to 19. During the afternoon program at Visitacion Valley Middle School, we play indoor games like room hockey, tumbling, basketball, badminton, and we have rap sessions about hygiene, getting along with each other, and we like to promote the idea of the importance of education."

"The main benefit of our program is that the kids can burn up their excess energy, and we can point them in the right direction with some good counseling. When kids have this kind of experience, it helps them get along in school," says Long, who was one of the recipients of the Koshland Awards of the San Francisco Foundation which honored a number of Vis Valley activists in 1986 and is Activities Director at Geneva Towers. "Kids are afraid to fail, but they learn in athletics that you do lose sometimes."

The program partially funded by the San Francisco Unified School District Recreation & Parks Department and the San Francisco Foundation provides a lunch program at Geneva Towers Monday through Friday at 12:00 noon for children of all ages, even babies. Then at 1:30p.m. the children ages 7 and up, start the walk from Geneva Towers to the Middle School for the afternoon's sports activities. Tuesdays are devoted to field trips. The group recently went to the Water Slides and trips to Marine World and Santa Cruz are planned in August. According to Long, about 85 children attend the program each day, and he has six adult volunteers from Geneva Towers who work with the children.

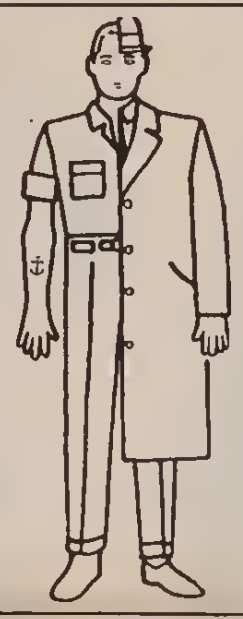
Positive Male Role Models Help Kids

A soft-ball team, buddies of Vernon Long, the Activities Director at Geneva Towers, have formed an unofficial big brothers program for Towers' children. At a recent bowling outing at Castle Lanes, ten adults were shared by twenty kids. "We all had a great time," reports Long.

"80% of Geneva Towers children have no man around," says Long, who is looking for more interested adults who want to help. The group plans to meet every three weeks for some kind of activity. The next one planned is a picnic.

If you want to be part of helping a young person get his life together, call Vernon Long at 586-4882.

VERNON LONG (upper right) WITH A GROUP OF LIVELY GENEVA TOWERS' KIDS AT THE VISITACION VALLEY MIDDLE SCHOOL



DESCRIPTION SHEET

RACE ____ SEX ____ AGE ____ HEIGHT ____

WEIGHT ____ HAIR ____ EYES ____ COMPLEXION ____

PHYSICAL CHARACTERISTICS (DESCRIBE WHETHER SLIGHT OR HEAVY BUILD, SCARS, MARKS, TATTOOS, MANNER OF WALK, MUSTACHE, GLASSES, ETC.)

CLOTHING (TYPE AND COLOR. USE DIAGRAM AT LEFT AS A GUIDE.)

WEAPONS (NOTE WHETHER REVOLVER, AUTOMATIC, RIFLE, SHOTGUN, KNIFE, ETC., WAS USED BY SUSPECT.)

REMARKS (NOTE ANYTHING SUSPECT SAYS, HIS ACCENT, ANY NAMES USED.)

MEANS OF ESCAPE, VEHICLE (LIC. NO., MAKE, MODEL, YEAR, COLOR.)

ON FOOT (WHAT DIRECTION.) ____

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COIT TOWER TO BE SPRUCED

Coit Tower was built with a $125,000 bequest from a colorful San Francisco socialite named Lily Hitchcock Coit. She was a great fan of the fire department and actually helped pull the early fire trucks on occasion. She played poker and smoked with the men. When she became an affluent adult she was made an honorary fire chief and given a diamond encrusted fire helmet.

Because Coit's involvement with the fire department was well known most people assume her bequest was left to honor that department, even to the extent that many say the Tower was designed to look like a fire nozzle. Actually the money was left to "beautify the city she loved," in an unspecified manner. The Park Commission chose the design of Arthur Brown Jr. (Architect of City Hall and the Opera House). It was described by Brown as a simple fluted column and never as a fire nozzle.

The 210 foot tower was completed in 1933. It must have been quite a sight to

have had Coit Tower, the Bay Bridge and Golden Gate Bridge under construction at one time. The Tower's famed murals were painted prior to its opening in 1934 by artists painting under the auspices of the depression era's Public Works of Arts Project. The Tower was not designed to house murals and it leaked almost from the start.

Several years ago it was learned that the rusting rebar was causing surface deterioration on the building. $800,00 was allocated to make the necessary repairs.

The repairs include sandblasting the entire surface, and recoating with a cementicious coating resembling the original surface. In addition, observation decks and roofs ane being replaced. Upon the completion of the exterior renovation, the murals will be restored with assistance from the National Endowment for the Arts and two State Historic Preservation grants.

Celebrates 50th Anniversary

San Francisco Fair Flower Show

According to a 1986 Gallup Poll survey, gardening is the number one leisure activity in the United States for the third year in a row. This year, the San Francisco County Fair Flower Show, which celebrates its 50th anniversary, August 28-30, has generated more and more interest from novices as well as serious long time gardeners.

For half a century, non-commercial horticulturists and amateur gardeners in San Francisco and Bay Area counties have participated in what has become the largest of all judged Western flower shows. The Flower Show, acclaimed as the most beautiful flower show in the West, will present a floral display of thousands of prize winning blooms, flower arrangements, competitions for all age groups and abilities, exhibits of exotic carnivorous plants, bonsai trees, tropical species, educational demonstrations, plant auction/sale, food and concessions.

"The loveliness of flowers is for all ages and all seasons:, says Frank Goss, President of Flower Show, Inc., the non profit organization which produces the Flower Show. "The 1987 Flower Show promises to be the most festive in our 50 year history. The growing of flowers and plants has a universal language which brings together people of all ages, ethnic and racial groups."

The 1987 theme is "San Francisco -- Floral Gateway to the Pacific" More that $10,000 worth of cash prizes, trophies and/or ribbons will be awarded for the best blooms in various categories: African violets, begonias, fuchsias, gesneria, bromeliads, cacti and succulents, carnations, dahlias, orchids, geraniums, roses and flower arranging.

The 1987 San Francisco County Fair Flower Show will be held Friday, August 28 through Sunday, August 30, 10:00 a.m. to 6:00 p.m.. The show's preview is Thursday, August 27, 6:30 p.m. to 8:30 p.m. at the San Francisco County Fair Building (formerly Hall of Flowers), Golden Gate Park, 9th Avenue and Lincoln Way.

Admission: $3.00 for adults; $2.00 for seniors; children under 12, free; Preview: $7.50

For a free listing of the competitive divisions and rules, contact Frank Goss, (415) 751-1628 or Lillian Lee, (415) 221-5724.

Tiptoe Through The Cacti

There will be a free docent-led Theme Walk at the Strybing Aboretum featuring the Succulent Garden on August 8.

The tour leaves at 1 p.m. from the Strybing Store located at the main entrance to Strybing Arboretum, 9th Avenue and Lincoln Way in Golden Gate Park.

A plant sale will also take place in the Courtyard of the Helen Crocker Russell Library of Horticulture in the Arboretum from 10 a.m. -- 1 p.m.

For more information, please call the Strybing Arboretum Society at 661-0668 or 661-1316.

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GRAPEVINE
VISITACION VALLEY

When the Valley Was Young

By Len Appiano

As Visitacion Valley was developing into the bustling community it was to become, new streets were constructed to accommodate the many homes being built.

Argonaut Avenue, for example, was named for the Argonauts, early San Francisco settlers who battled deplorable living conditions while searching for gold.

Alpha and Delta Streets respectively denote the first and fourth letters of the Greek alphabet.

Calgary Street represents the Canadian city named after Gaelic word for "clean running water."

Castillo Street simply means "little castle" in Spanish.

Goettingen Street is named after a West German town.

Holyoke Street represents the learning institution dedicated to explorer Elizor Holyoke.

Pasadena Street was named for the southern California city. Pasadena means "crown of the valley" in Chippewa Indian.

Peninsula Avenue runs in the same direction as the San Francisco peninsula.

Pueblo Street is named after the Spanish word for "town."

Racine Lane represents the city and county in Wisconsin whose name is French for "root."

Rutland Street represents the Vermont city named for an English town.

Santos Street is named for the Portuguese meaning of "saints."

Sparta Street historically represents the Greek military town which defeated Athens in the Peloponnesian War of 404 B.C.

Sunrise Way was named for its spectacular view of a valley sunrise.

Tunnel Avenue is located near Southern Pacific railroad tracks which eventually enter a tunnel.

Wabash Terrace is named for an Indian word meaning either "shining white" or water over white stone."

Merchant Mini Notes

Good News

By Anne Kaartunen

By the time you read this, our new stop signs will be in place on Leland and on Raymond. Many thanks to the Merchants Association and petitioners for responding to a community safety concern. The petition had also requested the assignment of a "Beat Patrol" officer for our shopping area. This request has not been fulfilled, so please write or call Capt. Frank Reed, 2300 3rd St, 553-1021 and continue to ask for a "Beat Patrol" officer. This past month, a number of undesirable incidents have occurred.

The new officers of the Merchants Association: Pres. Fawzi Kaddoura (**Valley Super Market**), V. Pres. Oliver Lee (**Visitacion Valley Pharmacy**), Sec. Kay Williams (**Bank of America**), Treas. Bernice Gnatt (Retired), and members have indicated their desire to improve the business area "Look" as their goal for the next year. Their next meeting will be on August 12, 6 p.m. (new time) at the Visitacion Valley Community Center.

Noticed cleaner streets? As of July 1, 80 DPW workers have been hired, some of whom have been assigned to this community.

Grapevine Puzzler

SOLUTION NEXT ISSUE

By Anne Kaartunen

"SUPPORT YOUR LOCAL MERCHANTS."

LELAND AVENUE PHARMACY

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O	I	T	O	S	O	Y	O	E	A	L	C	N	S
E	S	F	T	O	J	C	U	O	N	F	O	E	C
D	O	F	T	A	L	N	A	T	O	R	N	I	R
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A	L	K	I	V	C	R	U	H	R	E	E	E	P
T	Y	C	A	M	R	A	H	P	E	N	I	V	T
S	F	I	G	9	5	5	O	6	P	D	E	N	I
R	S	T	2	3	9	5	5	6	O	L	N	O	O
I	6	O	5	5	9	3	2	L	I	Y	I	C	N
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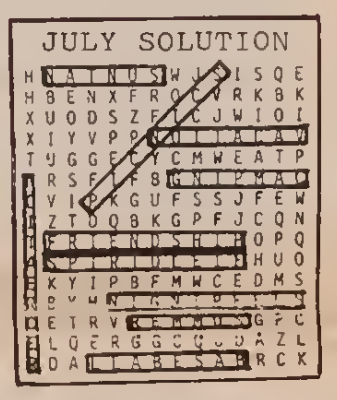
Words may overlap and letters may be used more than once.

JULY SOLUTION



CALENDAR

AUGUST

No Little Hollywood, Improvement Club or Valley United meetings in August.

Saturday, August 1, at 6:00 p.m. on KRON -- TV, CHANNEL 4

(San Francisco) -- This edition of "Cover Story Magazine," hosted by NewsCenter 4 anchors Sylvia Chase and Jim Paymar, airs Saturday, August 1, at 6:00 p.m. on KRON-TV, Channel 4. To be featured:

"COPING WITH AIDS" - Reporter Linda Yee. AIDS is hitting poor neighborhoods and minorities hard. Reporter Linda Yee examines how black communities are coping with the deadly disease.

UPCOMING SENIOR EVENTS

August 3 & 4: VVCC annual Rummage Sale.. Bring your "treasures" in July and we'll store them until the sale day. No Clothes, PLEASE.

August 10: Moonlight Bar-B-Q, Hayride and games. Last year was such a hit, and so many of you requested we go again, we'll be going to the Ranch from 6:00 p.m. -- midnight. It is a great trip, so be sure to sign-up while there is still seats remaining. Don't miss out!

August 12: Merchants Association, 6:00 p.m. (note new time) at Community Center, 50 Raymond.

August 15: Heartsaver CPR Class -- District Health Center #3, 1525 Silver Ave.; 9:00a.m. -- 12:30 p.m. Call 468-1588 for reservations. $3.00 fee.

August 23: Ohlo State Picnic and Dessert Potluck sponsored by The Ohio State Alumni Club of San Francisco Bay. Place: Lake Temescal, Stream Side Picnic Area, Oakland, Ca. Time: 11:00 a.m. -- 4:00 p.m. No Charge ($2.00 parking fee) Questions? Please Call: Dr. Dan Jullus at (415) 499-9145 or (415) 666-1636 Bring your own food & drink (wine and beer OK) And bring your favorite Buckeye Dessert to share!

Every Tuesday, 6 p.m. to 7 p.m. Pamela Sweeny from The Mayor's office is giving aerobic classes in Sunnydale auditorium (except for Tues. August 4th).

All adults invited.

HERZ PLAYGROUND FIELD TRIPS SUMMER 1987

August 5: Surprise Day
August 12: Lake Anza
August 19: Beach & Ice Skating
August 26: Great America

AUGUST — GRAPEVINE DRAWING

NAME _____

ADDRESS _____

PHONE _____

Drop your completed coupon in the box at any participating merchant before the 20th of each month to be eligible for our monthly drawing. Coupons will not be retained from one month to the next. No pruchase necessary. Must be 18 years or older to win.

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15 Games 5 Specials
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VALLEY INQUIRER

Interviews and photos by Pat Crocker

Whom do you most admire?

Thrish Cox, 17: "Bruce Dickinson. He's an excellent musician and he's sooo cute! He's the lead singer of "Iron Maiden."

John Smith, 38: "Thomas Jefferson. He was innovative and adept in many fields. He wrote the Declaration of Independence. I think he's the greatest American who ever lived."

Jennifer Sykes, 31: "My mother. She raised 5 kids and held down a job. She taught me to be the best woman I can be. She always said to get an education, which I did."

Ray Oropeza, 23: "Roger Craig of the 49er's and Santana. I admire both for all the great things they've done over the years. Santana for his contribution to the Bay Area Rock scene. Roger Craig #33 for holding the record for 1,000 yds. rushing and 1,000 yds. receiving in the NFL.>"

Michelle Francis, 5: "I admire my family. We see nice places. We do nice things. I love my family and I like my family -- most of them."

Jane Champion, 60+: "My brother, Bob. He had great stamina and fortitude during his prolonged, terminal illness. He related well to all ages -- little ones and elders."

R. Sanford, 28: "Myself. I love myself. It takes me to make it in this world. Nobody is gonna do it for me. You can't look up to Superstars and all, because we need to set our own goals."

Jenny Lin, 19: "My sisters. I'm the youngest. I admire the way they think. They give good advice when I need it."

Robin Thomas, 23: "My mother. She's the type who knows what she wants and does everything possible to get it. She sets high goals for herself, but not so high that she can't achieve them. She's a smart person and I truly admire her.."

Tyrone Stevens, 22: "My mother. She brought me up, beautifully. She's a good cook and a great nurse. She's a very strong woman. I love her."

How Do Your Gardens Grow?

By Hyoka Bells

This month we are taking a look at APHiDS and their controls. My garden is infested so I am trying several of these suggestions. Quick action is required.

Aphids, genus Homoptera, also known as greenfly, blackfly, whitefly, love warm moist conditions. I have them on my apple tree and lovage, and I do not want them to spread, so here are ways to control or eliminate them:

Strong water spray -- the force of the water can knock the weak-legged insects off the plants. Spray on both sides of the infested leaves.

Add soap to the spray water (some people use dishwashing soap @ 1 -- 2 tablespoons per gallon of water, but it is safer to use a commercial soap product which is intended for use on plants. Too much soap can kill your plants.) Leave the spray on overnight then rinse well the next day.

Yellow sticky traps work well.

Ladybugs and certain other insects consume aphids. I have seen bugs work well. Locally you can purchase ladybugs from garden supply shops. They are priced low, usually under $5.00 for thousands.

(Diatomaceous) earth dusted on infected plants will dry the pests up.

Garlic, onions, chives, petunias, coriander and anise all repel aphids. Nasturiums and radish seem to work also.

Too much nitrogen fertilizer makes for lush growth but also attracts aphids.

A tea of rhubarb or elderberry leaves contains oxalic acid which deters aphids.

Sprays made from tobacco stems or leaves and water or from lime and water are also effective.

An aluminum foil mulch layed around low growing plants reflects and confuses flying aphids. (They don't know where to land.)

Ants will farm aphids and transport them to your plants. You can deter them by spreading a sticky substance around the base of the plant, or you can dust fine calcium to control the ants.

If it is possible to isolate the infected plant, do so.

Birds like to eat aphids and their eggs. Birds are our friends in organic gardening, so plant some flowers to attract them -- invite them into your garden and they will help maintain our eco-system.

Enrich your soil organically as aphids detest plants grown in organically rich soil.

Make a trap with a small pan painted bright yellow and fill with detergent water.

APHID

AUGUST GARDEN CARE

PLANT DIRECTLY: *Vegetables:* beets, carrots, garlic sets, onion sets, parsnips, peas, turnips, head lettuce, radishes and Swiss chard. *Flowers:* nasturtiums, sweet alyssum, sweet peas.

TRANSPLANT: Chard, collards, kale, kohlrabi, leaf lettuce, mustard, New Zealand spinach, radishes and spinach.

START IN FLATS: Bok choy, broccoli, brussel sprouts, cabbage, cauliflower, celery, chard, collards, kale, leeks, lettuce, mustard, onions, spinach.

Flowers Calendulas, larkspur, linaria, nemesia, pansies, violas, snapdragons, stock and perennial herbs.

SAVE YOUR SEEDS from vegetables and flowers; wait until they are mature to gather, then store in a cool, dry place for next year.

WHAT'S DOING IN THE PARKS

SATURDAY, AUGUST 1

11:30 a.m. -- 1:30 p.m. -- Photo Club, 12 -- 18 years, Joseph Lee Recreation Center, Oakdale Avenue an Mendell Street.

1 -- 2:30 p.m. -- Girls' Softball Practice, 17 & under. Youngblood Coleman, Galvez and Mendell Streets.

SUNDAY, AUGUST 2

11 a.m. -- d p.m. -- Weight Room, Racquetball Courts, Mission Recreation Center, 2450 Harrison Street.

2 p.m. -- Concert in the Grove, "San Francisco Ballet", free, Sigmund Stern Grove, 19th Avenue and Sloat Boulevard.

TUESDAY, AUGUST 4

3 -- 4 p.m. -- Karate Class, 7 years & up, Gilman Playground, Gilman Avenue & Griffth Street.

THURSDAY, AUGUST 6

3:30 -- 5 p.m. -- Boys' Cooking, 9 -- 13 years, Bernal Heights Recreation Center, Moultrie Street & Jarboe Avenue.

FRIDAY, AUGUST 7

12:30 -- 4 p.m. -- Fishing Club, 8 -- 14 years, St. Mary's Recreation Center, Murray Avenue & Justin Drive.

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HAVE YOU DISCOVERED CALIFORNIA'S HIDDEN LAWS YET?

If you're a business person California's hidden lawmakers are making laws everyday; adopting regulations that, to varying degrees, affect you. What you should know about it and what you can do about it is the subject of a new publication from the state Office of Administrative Law.

Titled "California State Guide to Public Participation in the Regulatory Process," the publication is described as "user friendly" by Linda Hurdle Stockdale Brewer, director of OAL and under whose direction the Guide was produced. Covered in the Guide are ways that firms, especially small ones, can utilize the process to keep down the cost of doing business in California.

Most business entrepreneurs know how to influence legislation, but not the regulations adopted by more than 130 state agencies to implement that legislation," Brewer commented. "Yet it's regulations that specify the standards, qualifications, definitions and requirements, all the compliance details that must be followed to do business or stay in business in California," she pointed out.

"That's why it's so important that the business sector participates in the regulatory process and provide the benefit of their experience and knowledge. In this way, we insure that the regulations which become state law are those proved necessary and do not place an inordinate burden on the private sector," Brewer emphasized.

"No matter how small or big your company is, your comments definitely can make a difference," Brewer stated. All it takes to participate is a letter to the right agency at the right time. "One comment can, and has, stopped a regulation from becoming law!"

The Guide explains this and other unique aspects of California's regulatory process.

Just as legislation passed by the legislature doesn't become law until it's acted upon by the governor, regulations adopted by state agencies do not become law until they are acted upon by the Director of OAL. Brewer has the statutory authority to disapprove regulations which the agency failed, without good cause, to revise in response to comments from the public or which fail to meet required legal and procedural standards.

"We rely on your expertise to tell the agency what is right or wrong with the regulation as proposed," Brewer said, "otherwise we must accept the case made by the agency."

The Guide explains how to be notified when an agency proposes a new regulation, offers tips on how and when to make comments that will have the most impact, how to challenge regulations already in force, and what to do if you think an agency is illegally enforcing and unauthorized regulation. An alphabetical listing of addresses of all state regulatory agencies is included, too.

The California State Guide to Public Participation in the Regulatory Process costs $3.50, which includes postage, tax and handling. To order, make your check payable to the State of California, and mail to Publications Section, P. O. Box 1015, North Highlands, Ca. 95660.

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American Heart Association

Heart and blood vessel diseases claim a life every thirty three seconds. That means nearly one million americans die each year from heart disease and stroke. You can stack the odds in your favor by taking a few simple precautions to reduce your risk of heart disease.

First, you need to stop smoking. Smoking doubles your risk of heart attack and increases your risk of sudden cardiac death two to four times more than for a non smoker. Second, you need to control your blood pressure. The higher your blood pressure, the higher your risk of stroke, heart attack or congestive heart failure. Third, you should consider a prudent heart diet -- reduce your intake of foods high in saturated fat, cholesterol and sodium.

You have nothing to lose and everything to gain from the practical hints offered in "How To Make Your Heart Last A Lifetime" the latest American Heart Association pamphlet on heart health. In addition to the tips on nutrition, blood pressure and stopping smoking, this pamphlet provides information about the importance of exercise, weight reduction and being cautious in the use of oral contraceptives.

Because each risk factor you eliminate increases your chances for a heart healthy life, now is the time to start the fight you can win. For a free copy of "How To Make Your Heart Last A Lifetime." send a $ .22 stamp and a self addressed legal sized envelope to: American Heart Association, San Francisco Chapter, 421 Powell Street, San Francisco, Ca 94102 or call: (415) 433-2273.

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